

# VOICE OF THE RESIDENTS

VOL. XVIII, NO. 7

BROADMEAD, COCKEYSVILLE, MARYLAND

MARCH, 1997

## CCRC Legislative Agendas

### In Annapolis and Washington

Both the Maryland General Assembly and the U. S. Congress have been working on important CCRC legislation during the early days of February.

In Annapolis, MaCCRA (for the Residents), MANPHA (for the providers), and the Office on Aging (for the regulators) have been cooperating on the enactment of S332 and HB783. They will require that an enrollee of a Health Maintenance Organization (HMO) who is also a CCRC resident be returned to his continuing care facility after a stay in an acute care facility. For the provider, this retains HMO enrollees as part of the market; for the residents, this ensures avoidance of spouse separation after a hospital stay. S332 was scheduled for a Hearing before the Senate Finance Committee on February 20.

Five other bills are pending: S29, Tax Credit on Long term Care Insurance Premiums; S30, Tax Credit for employers providing LTC insurance; S162, Health Care Consumer Protection; S196, Patient Appeal for HMO disputes; S330, Personal Property Tax exemption for CCRCs.

Copies of all bills may be obtained (at no cost) by making a call to 410-841-3810.

In Washington, the National Continuing Care Residents Association (NaCCRA) has been following through on a meeting held at Broadmead last September with Senator Barbara Mikulski and MaCCRA. We have learned that many of the requests offered at that meeting are being incorporated in a federal bill which is being drafted. The substance of that bill will be presented in a future issue of the *Voice of the Residents*. We do know that it will cover several tax provisions, as well as provisions for consumer protection and medical care, and will explore new ways to finance long-term care. Stay tuned.

—Robert M. Sparks - 2/12/97

\* \* \*

Don't regret growing old . . .  
it's a privilege denied to many.

—Mary Louise Hibline

## Snow White Snow

by Sarah Cooper

As children, we learned the simile that carried whiteness to its highest degree when we proclaimed that Mary's lamb had "fleece as white as snow." The figure of speech is still useful as we note snowy hair or beards at Broadmead or even snow white sheets and towels on cleaning day. Snow fell pretty much all day on a recent Saturday, lining every twig, branch, and limb and layering every stick and bush with snowy cotton. Ordinarily the mere threat of falling flakes strikes a panic button. This, however, was a user-friendly storm. Roads remained open. We could admire the beauty of our white landscape without worry.

Even the highways were transformed into magical settings. Roadsides, not normally noteworthy, had such variety of interlacing whitened outlines that a drive along Route 83 became a pleasure. Then, Sunday morning the sun shone brightly in a blue, blue sky. As I watched the trees on the opposite slope, little clumps melted from branches and fell softly down. In an hour or so, the branches were clear, and we were left with a patchwork as more and more grass appeared to reclaim its territory.

"The north wind doth blow," and "we shall have snow" goes another childhood rhyme, and "what will poor robin do then, poor thing?" The forecasters agree. There will be more wind, more snow, but we have had a splendid taste of winter at its best. The groundhog didn't see his shadow. Maybe, we will have an early spring after all.



Maud Broyles



## Broadmead . . .

### *Apartment Changes . . .*

Helen Peterman                      S-310 to S-206  
Martha Patrick                      B-6     to T-310

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### **In Memoriam**

POLLYANNA H. WINTER

June 11, 1917 - February 12, 1997

HELEN J. WEBER

January 24, 1901 - February 17, 1997

CLYDE M. CLAPP

December 7, 1912 - February 20, 1997

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### **DOC IN A BOX**

Music is used as therapy to restore, maintain, or improve an individual's mental and physical health. It can take the form of either playing an instrument or listening to music. Perhaps we might even count the Music Committee's concerts and the Dance Committee's dances as our own kind of enjoyable "music therapy".

Music therapists complete a four year college course in music therapy with instruction in physiology, psychology, and major elements of health and medical care. Each student must have a primary instrument skill with an ability to play all instruments and perform in ensembles. About 5000 music therapists now practice in the United States.

Rebecca Weber, the music therapist on Broadmead's social services staff, provides this therapy to selected patients on Hallowell and Taylor. Her referrals for music therapy come from the medical and nursing staffs and from social workers.

The therapist interprets and explains music to groups of patients or helps individuals to perform or even compose simple melodies.

Ms. Weber designs therapy especially for each patient to improve mood, relieve pain or discomfort, improve motor skills, or to achieve other goals that both therapist and patient have set. Drumming is especially helpful in improving motor disabilities, and singing by the patient improves speech or other vocal difficulties.

In her work, she uses several percussion instruments, audio tapes, and her special training in voice and piano to help patients improve their ability to move about or simply relax. Although her tools are familiar, they must be sturdy and of high quality to stand up under constant usage.

## MOVIES ON TUESDAYS AT SEVEN.

by Jeanne Stephenson, *Chairman*

**3/4 ALL THE PRESIDENT'S MEN** 1976 138 min.  
Robert Redford, Dustin Hoffman, Jason Robards, Jack Warden, Martin Balsam, Hal Holbrook, Jane Alexander, Meredith Baxter.

Redford and Hoffman play real-life *Washington Post* reporters Bob Woodward and Carl Bernstein who persevered in their investigation of Watergate break-in. Best elements of newspaper pictures and detective story thrillers rolled into one. \*\*\*\*

**3/11 COOL HAND LUKE** 1967 126 min.  
Paul Newman, George Kennedy, J. D. Cannon, Jo Van Fleet.

Modern slant on prison camps shows little change since Paul Muni's *I Am a Prisoner from a Chain Gang*. Memorably funny egg-eating contest. An Oscar for Kennedy. \*\*\*\*+

**3/18 TIN CUP** 1996 135 mins.

Kevin Costner, Don Johnson, Renee Russo. Very funny story about an underachieving golf pro who competes with an obnoxious PGA star. The pro fancies a pretty lady who comes to him for lessons only to find out that she belongs to obnoxious PGA star. The chase is wonderful fun albeit with a few raunchy spots. One does not have to be a golfer to enjoy this one.

**3/25 PHENOMENON** 1995 112 min. \*\*\*

John Travolta, Robert Duval  
On his 37th birthday, George Malley (Travolta), an ordinary man, is knocked to the ground by a mysterious light. He develops amazing abilities which astound everyone in his small town. Even his oldest friends turn away and his life is changed forever.

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## M\*S\*S\*H

Men's Saturday Social Hour  
*John De Hoff and Mel Spragins, Coordinators*

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At 9:30 a.m. on Alternate Saturdays in March

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**March 8:**        **PHIL SCHNERING**  
                  *An Artist's Odyssey*  
**March 22:**     **PETE PETERSON**  
                  *The Great Paper Sandwich*

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## **SATURDAY PROGRAM OFFERINGS**

by Charles Hobelmann, Chairman  
General Program Committee

**Saturday, March 8, 7:15 p.m.**

**KEN WEAVER**

"Rafting the Colorado River"

**Saturday, March 15, 7:15 p.m.**

**WILLIAM McCLOSKEY**

"Nepal Sherpa" - A Himalayan Journey

## *Let's Sing!*

with HARRY JONES  
**OLD FAVORITES**

Thursday, March 13th - 7:00 p.m. in the Lounge  
*Mary Lou Moon and Jim Willan at the piano*

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## **THURSDAY OPEN FORUM**

by Nydia Finch

**March 6 - 10:30 a.m.**

Speaker: Dr. Claudia Chiesi

President of Harford Community College

Topic: COMMUNITY COLLEGES

**March 13 - 10:30 a.m.**

Speaker: William G. Fastie

Emeritus Professor of Astronomy

Johns Hopkins University

Topic: SPECTROSCOPY IN SPACE

**March 20 - 10:30 a.m.**

Speaker: Dr. Charles W. McMillion

Former Deputy Director, Johns Hopkins  
University Policy Studies

Topic: GLOBAL ECONOMY? TRADE DEF-  
ICITS? HOW IS U. S. DOING?

\* \* \*

## **VESPERS**

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**Sunday, March 16, 1997**

4:30--5:00 p.m.

in the Lounge

The Rev. Thomas C. Willadsen  
Towson Presbyterian Church

## *Springtime in Paris*

Get your passports ready, because our annual trip is  
scheduled for March 21, 1997. Our destination . . .

PARIS, FRANCE

Food service is preparing a wonderful menu to  
accompany the day. A schedule of events will be  
posted soon. Good food and good fun is in store for  
everyone!

SEE YOU IN PARIS!

—Harriet Ambrose and Kathy Walker

## *Let's Dance!*

### **Big Bands of Yesteryear in Stereo**

Eddie Slaughter, *Chairman*

Dances will be held on the second Monday of the  
month. Come to dance, or just to enjoy the music.

**7:00 P.M. in the Lounge**

**MONDAY, MARCH 10, 1997**



## **ADVENTURES IN LEARNING**

Dorothy Clapp, *Chairman*

### *When East Meets West:*

*The Arts and Culture of the Medieval Islamic World  
and their European Connection*

Three slide lectures by Doctor Shreve Simpson,  
Curator of Islamic Art, Walters Art Gallery

**Wednesday, March 5th** - Enduring presence of  
Islamic art in Europe

**TUESDAY, March 18th** - Group tours to the Walters

### *Spring Term:*

*Archaeology of Maryland*

**Tyler Bastion, Archaeologist of Maryland**  
March 19, March 26, April 2, Field trip April 9

*There is no charge.*

*It will help if you sign on the sheet at the Bulletin  
Board if you plan to attend.*



## Open Forum . . .

by Richard H. Doss

### "Africa in Turmoil," a talk by Dr. Patricia Romero

On January 23, Dr. Romero, professor of history at Towson State University, shared with us her vast knowledge of sub-Saharan Africa. She presented current issues in selected English-, French- and Portuguese-speaking countries, relating successful economic programs, potential success stories, human rights issues, political problems, tribal problems, drug problems, and hints of developments in the future.

In sum, the Portuguese-speaking countries (Angola on the west coast and Mozambique on the east) have the longest colonial history stemming from Portuguese explorers of the 16th century. Both have just concluded long, devastating post-independence civil wars--1975-1992. Angola has oil, diamonds, iron ore, phosphates, gold, uranium. The USA supported the losing side in the war and has problems with its man, Jonas Sivimbi. Mozambique depends on cash crops: cotton, sugar cane, cashew nuts, tea, and shrimp.

The French-speaking countries experienced colonialism for 100 years. A large French military presence is in Chad and Central African Republic. Beginning to stabilize after tribal conflicts, those countries have neo-colonial and expatriate ties to Senegal and the Ivory Coast., both of which exemplify good economic development and political stability.

The English-speaking countries have colonial experience over 100 years and continue to be supported with economic aid and promotion of the free enterprise system. Examples are Ghana, Kenya, and Uganda. After many ups and downs with economic and political strife, Ghana has adopted the World Bank program of structural adjustment and shows remarkable economic growth, decrease in tribalism, and has gold mine shares on the stock exchange.

Kenya develops despite political tribalism, drought, increased crime, and a reluctance to be part of the World Bank program.

Uganda, after years of despotic, cruel, and oppressive regimes, is growing stronger economically and has fewer tribal conflicts. Its neighbor, Sudan, is militant, Muslim, and exports terrorism to Uganda and Eritrea.

Countries with problematic futures include Nigeria, Somalia, and South Africa.

Nigeria suffers the aftereffects of the Biafran civil war with continued tribal conflicts, power struggles, and corruption related to oil resources. A repressive military government seems connected to drug trafficking with Gambia and the world. The present regime ignores international pressures to acknowledge internal democratic elections and improve their civil rights record.

Somalia's tribal struggles continue, but Dr. Romero believes the USA should not interfere where we have little understanding of the culture.

South Africa is presented in the press as doing well since the 1994 elections. But the Mandela government struggles with national and international issues which may hamper its potential leadership role in the future. Nationally, illiterate rural people flood into cities and townships, straining the infrastructure; crime is up 1000%, squatters are out of control in Johannesburg and Cape Town; AIDS overwhelms the health system; pensions cleaned out the treasury; cattle rustling plagues rural areas; land reform is not working; and disparity in spending for services to whites and blacks continues.

Internationally, issues include arms sales to Syria, the support of Libya and Cuba which irks the USA; some flight of white resources which has taken place; and outside investment which has slowed.

Dr. Romero is optimistic about change for the better in Africa but feels we shall not see it in our lifetime.

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### Camera Club Meeting

**Friday, March 14**

**in Lower Lounge-10:30**

*Slides/Prints critique by Mary Beth*

*Minden. How to improve your images by cropping and matting*

Bring 3 images of children at play

**Everyone invited**

### Ceramics Class Open House

*Exhibit of the year's work  
in the Ceramics Room  
next to the Greenhouse  
March 14th 1 to 3 p.m.*

*Hope to see you there!*



## CONSERVATION CORNER

Ed Metcalf - A-3  
(410) 771-1733

The Administration and the Broadmead Residents Association Conservation Committee are joining forces in a drive to decrease the amount of paper being used unnecessarily.

How? Using both sides of a sheet for multipage reports;  
Using half-sheets for announcements (run 2 up);  
Limiting runs to number of copies actually  
needed could save as much as 50%

Menu Cycle sheets are an example. This is only a test: A single copy of the Spring Menu Cycle will be posted on the bulletin board in April. In late March, a request form will be placed in your message box. If you really want a copy of the menu cycle and will use it, sign and return the request form. Requests will determine the number of copies printed. Success demands your help.

The Conservation Committee reminds us that less paper means more trees to produce oxygen for us to breathe, decreases air and water pollution, and saves money in the process.

\* \* \*

"Do you believe that kissing is unhealthy?"

"Can't say. I've never . . ."

"Never been kissed?"

"Never been sick."

\* \* \*

## Saturday Night at the Movies

Beginning March 15, movies will be shown in the Auditorium when there is no Saturday event planned by the General Program Committee!

These will be, for the most part, different kinds of movies from those shown on Tuesday nights at the regular program. They will include foreign movies (with English subtitles), some "R" rated, documentaries, operas, "classics," special themes, etc. Some will be followed by discussion.

FARGO will be the first Saturday Night Movie and will be shown on March 15 at 7:00 p.m. A 3-1/2 star movie made in 1996, it runs 97 minutes and was described by the Chicago *Tribune* as "a masterpiece." It is based on a true-to-life story about a down-to-earth Midwestern police chief, a pregnant woman, who patiently follows a series of interconnected crimes and steadily tightens the net on criminals whose kidnapping scheme goes wildly awry. Frances McDormand, William Macy, and Steve Buscemi star in this movie about which Siskel and Ebert wrote, "There won't be a better film than this all year."

FARGO has just been selected as a nominee for the Best Picture award.

On future Saturday nights, such movies as *Zorba the Greek*, *Billy Budd*, and *El Postino* [*The Postman*] will be shown.

—Frank Hijikata

## Help Urgently Needed! Music programs threatened

*The Music Committee has only five members and should have 12 or 13. Anyone interested in joining and helping should phone Judy Johnson at 785-0889. The committee meets the first Monday in alternate months; the next meeting will be held on March 3 at 10:30 in the Stony Run third floor meeting room.*

Musical knowledge is not necessary—just that you enjoy it. Deeds to be done:

*Count the house*

*Distribute programs*

*Generate programs on the computer*

*Print out programs*

*Computer skills for general correspondence*

*Write thank-yous for Chairman's signature*

*Assure that seating is properly arranged,*

*Order chairs and tables needed by musicians*

*Make introductions in absence of Chairman*

It is too much, too time-consuming for the chairman to handle everything. Without additional help, the Music Committee might be forced to give up and we would lose our superb, enriching concerts. All of Broadmead would suffer an irreparable loss.

*Judy Johnson, Chairman K-17 (410) 785-0889*

## Pluggard to Antophile

I know ants carry pure organization  
like an extra organ;  
order, built-in.  
An ant cannot be purposeless.

Each knows his anty function,  
stream up, stream down,  
greet, convey, nourish, discipline.  
No self-doubts, questions, in the anty action.

Why then, when I watch an ant—  
(they are stamping about all over  
my porch this morning, distracting, irking,  
deflecting me from my work)—

does it turn out to be a freak?  
erratic; a darting dither  
of switched signals, panicky pauses,  
circles. repetitions; hysteria?

It has no idea where it is going.  
Or else it is insane. Who is right?  
Who is right, the antophiles or I?  
How can I emulate this idiot emmet?

—Josephine Jacobsen, G-3



## My Life on Death Row

I once had a friend whom I shall call Beulah. She was a pleasant-faced country woman in her sixties and she lived on North Carolina's Death Row. Beulah's lawyer, who was on the state Civil Liberties Union board (as was I) asked me to visit her there. The reason Beulah was on Death Row was that she slipped arsenic into her husband's moonshine when he became abusive. She'd had five alcoholic husbands, so she was five times widowed. Beulah did not approve of drinking anything stronger than a Pepsi.

The Superintendent knew that Beulah had a special gift with young prisoners. She had Beulah moved to a cell next to admissions where Beulah could have served a useful purpose and lived a long life of real helpfulness. The Super too pled for a change in Beulah's status from "death" to "life in prison."

Beulah's lawyers and several of us from the Civil Liberties Union met with the governor to beg him to commute her sentence to "life." He listened but said nothing except, as we filed out, to ask *me* to deal with Amnesty International for him. He was flooded, he said, with letters asking mercy for Beulah. I think he believed that I was the cause of the flood and this would be my punishment.

It has been many years, now, since the night of Beulah's execution. The nicest people in the world gathered on that hillside; most of them came to speak to me as if I were "next of kin" to the about-to-be deceased. The Catholic Bishop of North Carolina was there, ministers from almost every church in Raleigh. Beulah's children stood with us—children of the murdered.

I wished Beulah could look out the window and see that gathering. She'd have been distressed that we had to wait so long in the cold and the dark. She'd have said, I think, "Why don't you dear people just go home to bed. I'll manage things for myself—I always have, you know."

—Phyllis Tyler



## DijiKnow?

**Author Lynn Buck** (Broadmead K-10) has published "An Uncommon Tale of Five Women," an exhilarating novel entitled *Eccentric Circles*.

The author of two books of poetry, Lynn has had poems and short fiction appear in several anthologies. Congratulations are in order by phone at (410) 771-0916.

## HEALTH EDUCATION COMMITTEE

Betsey Spragins, Chairman

**Tuesday, March 11, 10:30 a.m.**

**HEART DISEASE**

Doctor James Biddison, *Cardiologist*



## PAWPAW PROJECT

*At Broadmead since 1982, introduced by resident Dr. Amos Horney who died in 1992, Pawpaw culture is a very important activity. Through the efforts of our Harry J. Patton, a proud "grandpawpaw" and another pawpaw fancier, we learn more about this excellent food source. He quotes Dr. Desmond R. Layne, Assistant Professor of Horticulture, Univ. of Kentucky:*

The first reference to the pawpaw dates back to 1541 when followers of Spanish explorer Hernando de Soto recorded finding Indians growing and eating pawpaws in the Mississippi valley. The fruits were reported once to have saved Lewis and Clark from starvation in 1806. Daniel Boone and Mark Twain are reported to have been pawpaw fans. John James Audubon painted the yellow-billed cuckoo on a native pawpaw tree about 1827.

Pawpaw is an excellent food source. They are high in vitamin C, potassium, magnesium, iron, copper, manganese, and several essential amino acids. They also contain significant amounts of riboflavin, niacin, calcium, phosphorus, and zinc. Pawpaws contain these nutrients in the same or greater amounts than those found in bananas apples, or oranges. The intense tropical flavor and aroma may also be useful for developing processed food products (blended fruit drinks, baby food, ice creams, etc.).

Pawpaws produce natural compounds in leaf, bark, and twig tissues that possess both highly anti-tumor and pesticidal properties. Thirty biologically active compounds from pawpaw tissues have been identified. Asimicin extracted from the pawpaw is 300 times more potent than the chemotherapy drug extracted from the Pacific yew in treating specific human cancers in animal studies, and a million times more effective than a standard chemotherapy drug in treating human cancers in cell culture.

Woodman, Woodman, spare that pawpaw!

\* \* \*

Driver:

"I think I have a flat tire."

Date:

"I think that makes us even."

\* \* \*



## RECENT ADDITIONS

### LARGE PRINT

- Amcry, Cleveland. The cat and the curmudgeon. 1991.  
Dillard, Annie. The living. 1992.  
to, Whitney. How to make an American quilt. 1991.  
Plain, Belva. Blessings. 1989.  
Pilcher, Rosamunde. The end of summer. 1991.

### FICTION - MYSTERY

- Archer, Jeffrey. The fourth estate. 1996.  
Brady, John. All souls. 1993.  
Cooper, Natasha. Bitter herbs. 1993.  
Evers, Crabbe. Fear in Fenway. 1993.  
Gilbert, Michael Francis. The body of a girl. 1972.  
Grafton, Sue. M is for malice. 1996.  
Grimes, Martha. Hotel Paradise. 1996.  
Handler, David. The boy who never grew up. 1992.  
Hoag, Tami. Guilty as sin. 1995.  
Lustbader, Eric. Floating city. 1994.  
Patterson, James. Hide & seek. 1996.  
Truman, Margaret. Murder at the National Gallery. 1996.

### FICTION

- Bell, Madison Smartt. All souls' rising. 1995.  
own, John Gregory. Decorations in a ruined cemetery. 1994.  
Buchan, John, 1st Baron Tweedsmuir. The thirty-nine steps and the Power-house.  
Caldwell, Taylor. Great lion of God. 1970.  
Desai, Anita. Journey to Ithaca. 1995.  
James, Peter. Prophecy. 1994.  
Keyes, Frances Parkinson. The royal box. 1954.  
Winegardner, Mark. The Veracruz blues. 1996.

### BIOGRAPHY

- Ashley, Sally. F.P.A., the life and times of Franklin Pierce Adams. 1986.  
Blixen, Karen. Letters from Africa 1914-1931. 1981.  
Conway, Jill Ker. True north. 1994.  
Gold, Arthur. The life of Misia Sert. 1981.  
Gregory, Jack. Sam Houston with the Cherokees. 1995.  
Hamilton, Nigel. JFK reckless youth. 1992.  
King, Norman. Hillary, her true story. 1993.  
Levin, Alexandra Lee. For brave America. 1995.  
Pritchett, Victor Sawdon. The gentle barbarian. 1977.  
ndall, Willard Sterne. Benedict Arnold. 1990  
andall, Willard Sterne. A little revenge:  
Benjamin Franklin and his son. 1984.  
Thatcher, Margaret. The path to power. 1995. 7

## THE BIRTH RITES OF SPRING

by Nancy Rowe

"Calendars to the contrary, nature's year begins with spring," wrote Edwin Way Teale in North with the Spring.

On its birthday, which is the vernal equinox - when the sun crosses the equator - spring embarks on its long journey from the far south. For three months it moves steadily northward about fifteen miles a day, until it yields to summer at its northern terminus. As it travels, days become longer and the earth is gradually warmed.

The lengthening hours of light and the increasing angle of the sun's rays combine to trigger nature's awakening and to induce in plants and animals the chemical and hormonal changes required for their renewal, reproduction, and growth.

Light also sets the timetable for the migration of birds. Variations in wind, weather, temperature, and the availability of food both hold them back and carry them forward, but they persistently push to arrive at their breeding grounds on time.

In February the pointed mahogany hood of the skunk cabbage is warmer than the frozen swamp it pierces. In the wake of February thaws, Canada Geese fly north on an advancing temperature front, the 35° isotherm - spring's "ice-breaker."

At 44° leaf buds burst, tiny leaves unfold, and trees don hazy, green veils. When surface air in woodland swamps is 50°, spring peepers respond in choruses. As flying insects emerge, swallows cruise above ponds and greening meadows. April flowers open at their preset times in forest, field and swamp. And in early May when songbirds reach their highest concentrations in Maryland, they are in full voice, singing their characteristic courtship lyrics.

Spring is nature's most entertaining season, whether viewed through a window or experienced outdoors. Engaging all five senses, spring is a season to be savored.



**Denise Frisby Richard**  
January 23, 1955 - February 11, 1997

It is with a heavy heart that this article is written. Denise F. Richard, Manager of Personnel, died on the 11th. Denise was a very happy young woman who liked people and enjoyed her work. She was friendly and energetic. Denise filled her dream to teach. Her teaching was not in a school classroom but in Sunday School, and she was loving it. Last year, many of us joined in Denise's celebration of her marriage to David Richard. They were looking to buy a home and adopt two children. We enjoyed the happy stories about their search for both. We shall all miss Denise and always remember her beautiful smile. Denise is survived by her husband, David, and her son, Vernard Frisby.

**VOICE of the RESIDENTS**

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